

A Catalog of Classes, Special Events, Support Groups, Trips, Fitness Activities and More for Baby Boomers



Summer-Fall 2009 Catalog

PLANET 50+

Planet 50+
celebrating three
years of opportunities
for enrichment,
growth and
renewal.

INSIDE...

Computer classes—
Learn to manage digital
photographs
Theatre Trips—
the Santa Fe Opera,
Adobe Theatre, and more
Spanish Lessons
Nia
SalsaRobics, Belly Dancing
Tin-punching
Calligraphy
Concerts
Guitar Lessons
The Art of Composting
Writing Classes
...And More

**Fitness, Fun & Friends
for Fifty-Somethings**

Live Better Longer



CITY OF ALBUQUERQUE • BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS



From the Mayor of the City of Albuquerque

Summer 2009

Dear Friends,

Once again, I am pleased to present this exciting new slate of classes designed for the tens of thousands of Albuquerque residents who, like myself, are in their fabulous fifties. Despite the tough economic times, the Department of Senior Affairs' 50+ program, which began three years ago, continues to grow. Planet 50+ classes ranging from Nia to digital photography, are offered in the evening and on Saturdays, and when budgets are tight, their economic value is clear. For a \$13 annual membership you can become a member

of our network of senior centers and state-of-the art fitness facilities, and take advantage of the exciting array of activities and classes we offer. It's the best bargain in town, and a great way to meet new friends, learn about the talents you never knew you had, and experience the culture, outdoors and fun that is Albuquerque's hallmark.

Happy Birthday Planet 50+,



Mayor Martin J. Chávez



Mayor Martin J. Chávez

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From Blanca B. Hise, Director, Department of Senior Affairs

Summer 2009

Dear Friends:

It's hard to believe that the Department of Senior Affairs' 50+ program is three years young. This summer we continue to offer our rich variety of classes, trips, and programs designed with adults over 50 in mind, especially those who may now have a little more time to enrich their lives by dancing, yoga or learning a new skill. We make it so easy for you to have fun with a variety of interesting, and healthy activities to discover your passions, meet other people, or just sit back, relax and let the creative side of you develop.

Membership at Planet 50+ is still \$13 a year, with minimal fees for our course offerings. Please accept my invitation to become a member and explore a whole new

world of fun and opportunity—Planet 50+.

A special congratulations to former Senior Affairs Director, Kim Perdue, on his induction to the 2009 Senior Hall of Fame. Way to go Kim!

**Congratulations
Kim!**



I would also like to thank Albuquerque Publishing Company for partnering with Senior Affairs to make this publication possible.



Blanca B. Hise

Felicidades,



Blanca B. Hise, Director
Department of Senior Affairs
City of Albuquerque



City of Albuquerque
Martin J. Chávez,
Mayor

Ed Adams,
Chief Administrative
Officer

Mark Valenzuela,
Chief Financial
Officer

Irene Garcia,
Chief Operations
Officer

The City of Albuquerque/
Bernalillo County
Department of Senior
Affairs Headquarters is
located at 714 7th Street
SW. Program inquiries
may be directed to
April B. Jojola 764-6469 or
ajojola@cabq.gov

Blanca B. Hise, Director
Department of Senior Affairs
City of Albuquerque

April B. Jojola, Recreation
Division Manager

CENTER MEMBERSHIPS FOR ONLY \$13 A YEAR



For Information Call 764-6400 • Department of Senior Affairs or the Citizen Contact Center 311

From the Local Landing Sites

Barelas
714 7th St. SW
Albuquerque, NM 87102
Miguel Sanchez, Manager
Marie Sinkar, Programmer
Phone: 764-6436 • Fax: 764-6472
Monday–Friday, 8:00 am–5:00 pm
Saturday, 9:00 am–3:00 pm

Bear Canyon
4645 Pitt NE, Albuquerque, NM 87111
Katherine Black, Manager
Juliet Paez Kerlin, Programmer
Phone: 291-6211 • Fax: 291-6237
Monday–Friday, 8:00 am–5:00 pm
Thursday, 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm
Thursday Night Dance 6:30–9:30 pm

Highland
131 Monroe NE
Albuquerque, NM 87108
Toni Chumash, Manager
Patty Gutierrez, Programmer
Phone: 256-2000 • Fax: 256-2004
Monday–Tuesday,
Thursday–Friday, 8:00 am–5:00 pm
Wednesday, 8:00 am–9:00 pm
Saturday, 10:00 am–5:00 pm

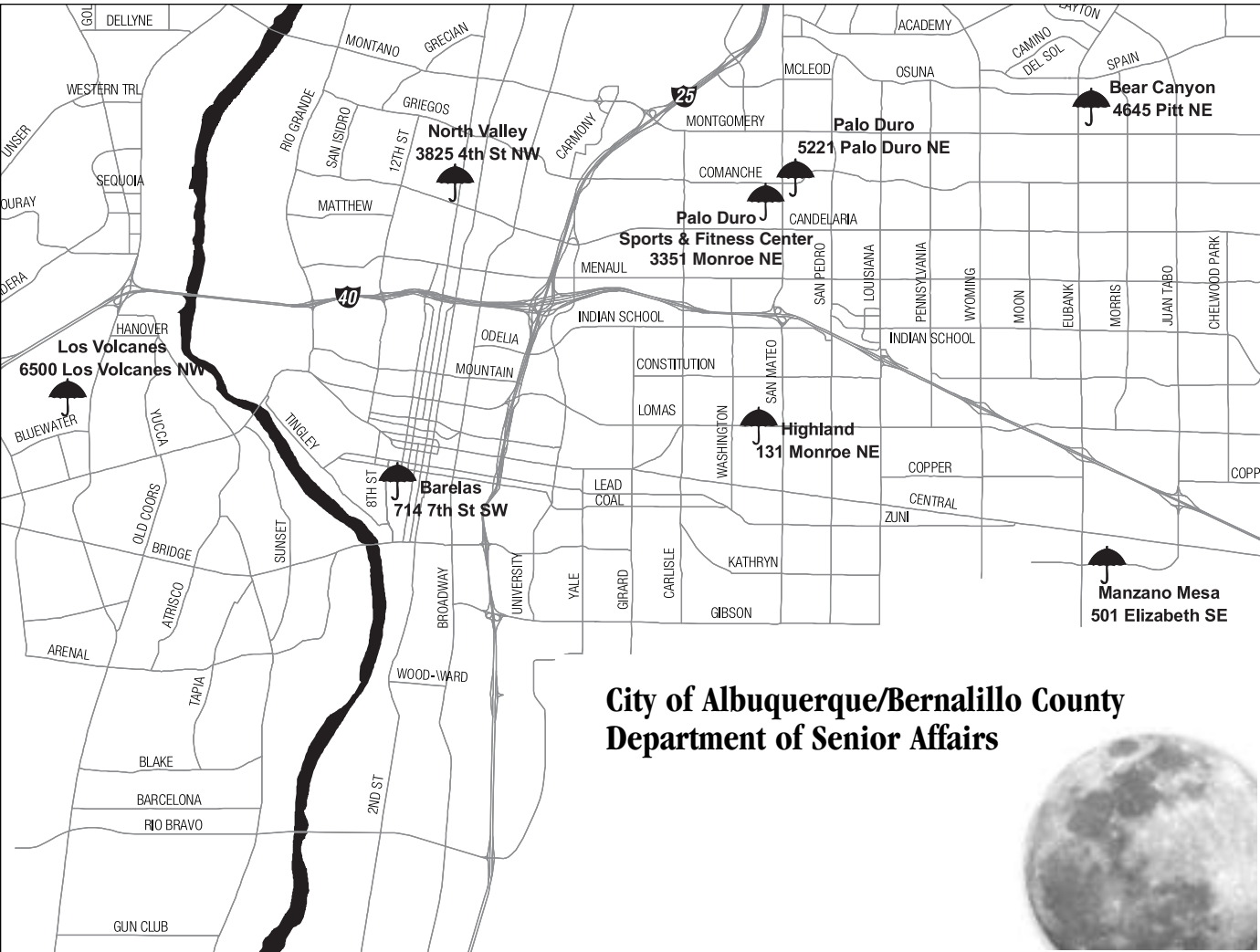
Los Volcanes
6500 Los Volcanes NW
Albuquerque, NM 87121
James Mader, Manager
Maria Aguero, Programmer
Phone: 836-8745 • Fax: 836-8749
Monday–Friday, 8:00 am–5:00 pm
Thursday, 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

- Department of Senior Affairs
Advisory Council**

Victoria Godwin, Chairman
Kenneth J. Carson, Sr.
Michele Lujan Grisham
Mary Jaramillo
Tina King
Mary Martinez
Frances Ray
Susan White

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Dist. 7Sally Mayer, Vice Pres.
Dist. 8Trudy Jones
Dist. 9Don Harris



City of Albuquerque/Bernalillo County
Department of Senior Affairs

**Los Volcanes
50+ Fitness Center**
6500 Los Volcanes NW
Albuquerque, NM 87121
Berlinda Padilla, Health & Wellness Specialist
Phone: 839-3710 • Fax: 839-9466
Monday–Friday, 7 am–7 pm
Saturday, 8 am–2 pm

**Manzano Mesa
Multigenerational Center**
501 Elizabeth SE, Albuquerque, NM 87123
Paul Bonnell, Manager
Ed Nuñez, Operations Manager
Lucille Cordova, Acting Programmer
Angelina Poulin, Programmer
Phone: 275-8731
Fax: 275-8734
Monday–Friday, 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm

North Valley
3825 Fourth St. NW
Albuquerque NM 87107
Leeann Torres, Manager
Sandra Lucero, Programmer
Phone: 761-4025 • Fax: 761-4031
Monday–Friday, 8:00 am–5:00 pm
Tuesday, 8:00 am–9:00 pm
Sunday 12:45–4:30 pm

**Palo Duro 50+ Sports
and Fitness Center**
3351 Monroe NE
Albuquerque, NM 87110
Karen Baker, Manager
Antoinette Sigala and Susan Rice,
Health & Wellness Specialists
Phone: 880-2800
Monday–Friday, 7:00 am–7:00 pm
Saturday, 8:00 am–2:00 pm

Palo Duro
5221 Palo Duro NE
Albuquerque, NM 87110
Susan Perea, Manager
Gladie Peltomaki, Programmer
Phone: 888-8102 • Fax: 888-8107
Monday–Friday, 8:00 am–5:00 pm
Wednesday, 8:00 am–9:00 pm
Saturday, 9:00 am–3:00 pm
Desert Willow Gift Shop
Monday–Friday, 9:00 am–3:00 pm

Using This Catalog, Your Guide to Planet 50+

Welcome to the summer/fall class and activity guide on Planet 50+. This catalog contains information about activities, classes and trips launched from seven senior centers and Los Volcanes and Palo Duro 50+ Fitness Centers. Join Planet 50+, by becoming a member of our network of Centers, which are located on the map above. Annual membership costs \$13, and entitles you to participate in all of the City’s senior facilities—not just the classes described in this catalog.

Once a member, you may sign up for a class at the center listed under each class. Center phone numbers are listed to the left of the map above. The cost of each class, which often includes materials, is indicated in each listing. Class fees are payable in full to the individual instructor on the first day of class. Unless otherwise noted, all trips take place at or leave from the center hosting the activity. Trip policies and additional information can be found in trip descriptions.



Live Better Longer

Planet Computers

Apple Users Group

Open to Mac users of any age or experience level. Meetings provide an ongoing source of support and problem solving. No registration required.

Coordinator: Bob Reed
Saturdays, July 18, August 15 & September 19
9:30 am–12:30 pm
\$1 donation is requested for each meeting
Bear Canyon, Room 2
Call 291-6211 for more information

Bear Canyon Computer Club

The BC Computer Club offers general computer topics and help, as well as guest speakers and demonstrations of new products and techniques.

Coordinator: Walter Garrett
Thursdays, July 2, August 6 & September 3
7:00–8:30 pm • Free with membership
Bear Canyon, Room 2 • Call 291-6211 to register

Investment Group

Investing over the Internet can be confusing and expensive if you aren't aware of the methods and procedures for fun and profit. Spend a few hours learning some of these tips before spending your hard-earned money on investments.

Coordinator: Ron DeLashmutt
Thursday, July 30, 7:00–8:45 pm
Free with membership
Bear Canyon, Room 2 • Call 291-6211 to register

Internet Users Group

Each meeting has a presentation on a selected subject relating to Internet usage and is followed by a Q&A session.

Coordinator: Rod Gwyn
Thursdays, July 23, August 27 & September 24
7:00–9:00 pm • Free with membership
Bear Canyon, Room 2 • Call 291-6211 to register

Multimedia Group

This group meets to watch demonstrations and discuss various aspects of the creation, editing, acquisition, saving, compression, and conversion of digital photos, video and audio files. New members are welcome.

Coordinator: James Schaft
Thursdays, July 9, August 13 & September 10
7:00–9:00 pm • Free with membership
Bear Canyon, Room 2 • Call 291-6211 to register



Windows Special Interest Group

Gain knowledge and experience in Windows operating systems and application software using Windows XP 2000 and Vista.

Coordinator: Ron Johnson
Thursdays, July 16 & September 17, 7:00–8:45 pm
Free with membership
Bear Canyon, Room 2 • Call 291-6211 to register

Creating DVD Photo Memoirs

Learn basic Photoshop, scanning pictures, DVD rendering and adding music to DVDs. Create a DVD viewable on television or computer for class presentations. For more information contact Gabriella Sanchez at picture2treasure@aol.com

Instructor: Gabriella Sanchez
Mondays, July 13–August 17, 5:00–6:30 pm
\$65 per person, non-refundable fee due the 1st day of class to the instructor • Manzano Mesa, Computer Lab
Call 275-8731 to register

Beginning Computers

This is an introduction to basic computer functions and will help students become familiar with the monitor, keyboard and mouse. You will learn how to use Windows including: creating documents, pictures, viewing files, working with files, customizing windows programs, task bar, control panel, file management, accessories and more.

Instructor: Ronnie Sklarin
Saturdays, August 8, 15, 22 & 29
10:00 am–12:00 noon
\$10 per person all sessions • Class Limit: 9
Barelas, Computer Room • Call 764-6436 to register

Beginner Computer

Whether you are a beginner or have some gaps in your knowledge, this course aims to reduce computer anxiety by explaining, in plain English, what this technology is all about and how it can enhance your life. Learn how to use the mouse correctly, how to surf the Internet, what all the keys on the keyboard mean, and how to use different programs. All students receive a manual.

Instructor: Ronnie Sklarin
Wednesdays, August 5, 12, 19, 26, 5:30–7:30 pm
\$30, payable to instructor at 1st class
Palo Duro, Cedar Crest Computer Room
Call 888-8102 to register

Enjoying the Internet

Learn how to access the Internet from your home, how to shop safely on the net without compromising your personal information, and more. The Internet is both serious and fun—take advantage of it. All students receive a manual. Mouse and keyboard skills are required.

Instructor: Ronnie Sklarin
Saturdays, September 12, 19, 26, October 3
10:00 am–12:00 noon
\$30, payable to instructor at 1st class
Palo Duro, Cedar Crest • Call 888-8102 to register

Basic Computer Skills

Learn the essentials of operating a computer and become familiar with the monitor, keyboard and mouse. You will have one-on-one instruction. The instructor will also be available to do home clinics depending on type of problem.

Instructor: Leonard Morin
Saturdays, 12:30 pm–2:00 pm
Free with membership
Home Visit Cost: Minimal Charge
Los Volcanes, Room 1 • Call 836-8745 to register

MS Word Class

The MS Word class is to be an ongoing class, held on a monthly basis. It will cover all aspects of MS Word from basics to intermediate thru advanced.

Instructor: Leonard Morin
Thursdays, 5:30 pm–6:30 pm
\$20 (4 weeks) or \$6 per class, payable to instructor
Los Volcanes, Room 1 • Call 836-8745 to register



Writing Classes on the Back Page

Computer Classes with Karen Hunt

Highland • Room 6 • Call 256-2000 to register

Windows 2

Managing the information on your computer is a big challenge. In this class, we will explore My Computer, the Recycle Bin, and making short-cuts. Also learn how to organize photographs into folders and sub-folders. Pre-requisite: Windows 1 or knowledge of those topics. Handout included.

Wednesdays, June 17, 24, & July 1, 6:00–8:00 pm
\$30 cash only due to instructor at first class

Word 2003 Level 1

Acquire the skills you need to create documents: create and edit text, use spell and grammar check, enhance text with fonts, create bullet and numbered lists, cut ‘n paste and copy ‘n paste, undo, set margins, use auto correct, and save and print. Handout included. Bring a flash drive. Pre-requisite: Windows 2 or knowledge of those topics.

Wednesdays, July 15, 22, & 29, 6:00–8:00 pm
\$30 cash only due to instructor at first class

Word 2003 Level 2

This workshop picks up where Word 1 left off with using and setting tabs; creating drop caps, indenting paragraphs; using Format Painter; customizing the toolbars; inserting page breaks and page numbers; creating portrait and landscape pages; and an introduction to headers and footers. Bring a flash drive. Handout included. Prerequisites: Word 1 or knowledge of Word 1 topics.

Wednesdays, September 9, 16, & 23, 6:00–8:00 pm
\$30 cash only due to instructor at first class

Publisher 2003 Level 1

Discover the power of Publisher to help you create spectacular flyers, signs, greeting cards, business cards, and labels. We will use templates, drawing tools, clip art, design elements. Bring a flash drive. Handout included.

Wednesdays, October 7, 14, 21, & 28, 6:00–8:00 pm
\$30 cash only due to instructor at first class



Planet Crafts

Ceramics

Students will learn all aspects of ceramics, starting with care and use of molds, pouring items, preparing items for firing, glazing, over glazing and/or staining, decorating, decals, etc.

Instructor: Virgie Garcia
Saturdays, July 6–September 26, 12:30–3:00 pm
Materials fee • Barelvas, Ceramic Room
Call 764-6436 to register

Pottery, Introduction

Learn to make pinch pots, work with coils and slabs, use the potter's wheel, and sculpture fundamentals. Experienced students are also welcome.

Instructor: Marilu Tejero
Saturdays, July 6–September 26, 9:00 am–12:00 noon
Prices vary due to amount of materials/firing/glazing.
Contact front desk.
Barelvas, Ceramic Room • Call 764-6436 to register

The Art of Hand Building Clay

Students will acquire, through hands on experience basic techniques of hand building pottery and jewelry with demos by Mrs. Yaffit. Students will form designs and glaze their work.

Instructor: Yaffit
Thursdays, 4:00–6:00 pm
\$35 per month \$18 for materials every 3rd month
Los Volcanes, Room 4 • Call 836-8745 to register

Adult Evening Pottery

A class for all levels... Beginners learn basic technique, using coils, slabs and pinch pots; while more advanced students work to improve their skills.

Instructor: Marilu Tejero
Wednesdays, July 15–August 19, 5:00–6:30 pm
\$45 fee first five-week session
Manzano Mesa, Room 3 • Call 275-8731 to register

Introduction to Papermaking

Papermaking is fun, wet and immediate. Learn traditional techniques to make your own recycled paper using natural fibers, such as leeks, rhubarb, eggplant, and onion.

Instructor: Stephanie Lerma
Saturdays, September 26–October 10, 9:30–11:00 am
\$20 per person, payable to instructor • Class limit 10
Bear Canyon, Patio • Call 291-6211 to register

Escribiente Society of Calligraphers

Escribiente promotes, encourages and educates in the calligraphic arts.

Instructor: Margaret Disque
1st Wednesday of every month, 6:30–9:00 pm
\$25 annual fee • Manzano Mesa, Computer Lab
Call 275-8731 to register

Tin Working Workshop

Tinsmith, Jason Younis y Delgado teaches this workshop in traditional Spanish Colonial Tin-work. Make items such as candleholders, ornaments and napkin holders. All levels welcome.

Instructor: Jason Younis y Delgado
Saturdays, September 12, 19, October 3 & 10
10:00 am–12:00 noon
Palo Duro, Piñon Room • Call 888-8102 to register
Or
Saturdays, September 12, 19 & October 3 & 10
1:00–2:45 pm
Bear Canyon, Room 3 • Call 291-6211 to register

\$55 per person, payable at 1st class (4-week session)
covers materials. Classes limited to 10.

Silk Painting

Learn to paint on white silk in a playful way. Claudia will lead you through an exploration of basic silk painting techniques such as salting, outlining and applying dyes with a paintbrush. Drawing skills are helpful but not required.

Instructor: Claudia K. Fluegge
uesdays, September 22, 29 & October 6
6:00–8:00 pm • \$30 per class or \$75 for all 3 classes
North Valley, Room 1 • Call 761-4025 to register

Quilting

Novice and experienced quilters are welcome to join this quilting activity. The quilters are passionate about preserving this truly American hand art and make a quilt that is raffled for their center. Friendship and fellowship are some of the many benefits that accompany quilting.

Instructor: Dixon Rostel
Saturdays, 9:00 am–12:00 noon • Free with membership
Palo Duro, Cottonwood • Call 888-8102 to register

Planet Dance

Beginning Ballroom/Latin Dance

Have you watched “Dancing with the Stars” and wished you had the confidence to electrify the dance floor. Then it’s time to learn how to light up the room.

Instructor: Fred Laureta
Thursdays, July 9–August 27, 5:00–6:00 pm
\$6 per class or \$40 all eight sessions
Bear Canyon, Social Hall • Call 291-6211 to register

Intermediate Ballroom/Latin Dance

This is your chance to improve your dance skills and get ready to waltz, foxtrot, cha cha, rumba, cumbia, swing and tango the night away!

Instructor: Fred Laureta
Thursdays, September 3–October 22, 5:00–6:00 pm
\$6 per class or \$40 all eight sessions
Bear Canyon, Social Hall • Call 291-6211 to register

Belly Dance for Wise Women

Belly dance is both a celebration of the female spirit and physical display of the strength and beauty of women of all sizes, ages, and shapes. Combined with a healthy diet, belly dance can be part of a sound weight loss program.

Instructor: Maria Amaya
Thursdays, July 9–August 27, 5:45–6:45 pm
\$10 per class, per person, \$35 for 4 classes & \$50 for 4 classes for mother/daughter teams
Manzano Mesa, Social Hall • Call 275-8731 to register
Or
Instructor: La Samra’
Thursdays, 12:00 noon–1:00 pm
\$10 per class, per person or \$35 for 4 classes or \$50 for 4 classes for mother/daughter teams
Los Volcanes, Social Hall • Call 836-8745 to register
Or
Instructor: Maria Amaya
Tuesdays, August 25, September 1, 8, 22, 29 & October 6 • 6:00–7:00 pm
First class free, \$35 for 5 classes
North Valley, Social Hall • Call 761-4025 to register

Beginning Ballet for Adults

Learn poise, grace, balance, self-confidence and discipline. Ballet can teach all of these traits, while also providing excellent exercise and a lot of fun! Give yourself the gift of movement.

Instructor: Anna Marie Urioste
Wednesdays July 8–August 26, 7:00–9:00 pm
\$28 per month
Manzano Mesa, Social Hall • Call 275-8731 to register



Line Dancing

Line dancing is great for people who love to dance but don’t have a partner. Students learn the routine and dance in a line, much like a chorus line.

Instructor: K. Tidy
Saturdays, 9:00–10:30 am (Beginning)
New, beginning students accepted during May & Sept.
10:30 am–12:00 noon (Advanced)
\$1 per class • Palo Duro, Mesquite Room 2
Call 888-8102 to register

Natural Dance

Natural Dance is a unique and joyful approach to improving physical and mental well being. The focus is on movements encountered in daily activities such as walking, bending, twisting and lifting. Natural Dance helps us find balance, alignment and efficient movement through gentle exercise set to music. No classes in August.

Instructor: Marta Lichlyter
Wednesdays, July 1, 15, 22 & 29,
September 2, 9, 16, 23 & 30, 6:30–7:30 pm
\$40 payable at 1st class of Session 1
\$50 payable at 1st class of Session 2
Palo Duro, Mesquite 3 • Call 888-8102 to register

Okinawan Dance Group

This group studies and practices the art of Okinawan dance

Instructor: Yaeko Miyazato
Fridays, July 10–December 18, 6:00–9:00 pm
\$35 for six month session • Manzano Mesa, Room 3
Call 275-8731 to register

Polynesian Dance Company, “Mana Tahiti”

This group studies and practices the art of Polynesian dance.

Must be a member to participate.
Instructor: Lava Buckley
Mondays, 6:00–8:00 pm • Free with membership
Manzano Mesa, Room 4 • Call 275-8731to register

Salsa-Robics

Women and men are welcome! The tempo of the music, the syncopated patterns of the cha cha, salsa/mambo, samba, and rumba combined with the intensity with which the exercises are approached, determine the aerobic benefit, making this suitable for virtually everyone. This is a fun way to relieve stress, improve flexibility and build stamina. Wear comfortable clothes and shoes.

Instructor: Sonya Trujillo
Thursdays, 6:00–7:00 pm
Saturdays, 10:30–11:30 am
\$2 per person, per class
Los Volcanes, Social Hall • Call 836-8745 to register

Hula Dance Class

Hula is the living art and soul of Hawai`i expressed in dance. Come and experience the grace and beauty of hula taught by Hawaiian native Cindi Heffner. This series of classes will cover basic foot, hand, and body movements of the hula as well as Hawaiian phrases, greetings and the significance of Aloha. Everyone is welcome. No previous dance experience is required.

Instructor: Cindi Heffner
Thursdays, August 20–September 24 (no class Sept. 3)
7:00–8:00 pm • \$4 per person, per class
Los Volcanes, Social Hall • Call 836-8745 to register

Club Oso Canyon

A live band, dancing shoes, and a top hat... perhaps we can forget the top hat...Sway and tap your toes to the ballroom rhythms of classic pop standards and the big band sound. We are a smoke and alcohol-free event. Singles, couples, and beginners are welcome!

Thursdays, 6:30–9:30 pm
\$2.50 • Bear Canyon, Social Hall
Call 291-6211 for information

Digital Photography with Walter Punke

All classes \$18.00 per person or \$27.00 per couple
Bring your digital camera, two sets of batteries, storage card(s), connectivity wiring and the manual for your unit

Digital Camera Operating Guidelines

Learn how digital cameras operate, their features, their functions, and how they differ from film cameras.

Wednesday, July 1, 6:00–8:00 pm **and**
Saturday, September 19, 1:00–3:00 pm
Highland, Room 1
Call 256-2000 to register
Or
Tuesday, July 7 & September 22
6:00–8:00 pm
North Valley, Social Hall/South
Call 761-4025 to register
Or
Wednesday, July 23, 6:00–8:00 pm
Los Volcanes, Room 10
Call 836-8745 to register

Taking Better Pictures

Enhance your digital camera control capability and practice procedures and refinements you can apply to improve your photographic composition skills and results.

Tuesday, August 11, 6:00–8:00 pm
North Valley, Room 1
Call 761-4025 to register
Or
Wednesday, September 30, 6:00–8:00 pm
Highland, Room 1
Call 256-2000 to register



Expanded Digital Camera Operations

Increase your photographic opportunities with a better understanding of your digital camera. Practice mode functions and setting possibilities for shooting in unusual conditions.

Wednesday, July 15, 6:00–8:00 pm, **and**
Saturday, September 26, 1:00–3:00 pm
Highland, Room 1
Call 256-2000 to register
Or
Tuesday, July 28, 6:00–8:00 pm
North Valley, Room 1
Call 761-4025 to register

Digital SLR Basics

Single-Lens Reflex Digital (DSLR) cameras offer a spectrum of settings and photographic alternatives. Practice with various mode options and selecting ideal presets for different “shooting” environments.

Wednesday, July 29, 6:00–8:00 pm
Highland, Room 1
Call 256-2000 to register
Or
Tuesday, September 29, 6:00–8:00 pm
North Valley, Social Hall/South
Call 761-4025 to register

Digital Camera Selection & Purchase

Want to choose the correct camera for your needs? This class will give ample information, resources and opportunity to make an informed decision about the best camera for your budget, usage, applications and level of expertise. Think about the ways in which to use your camera so we can address your particular needs.

Thursday, July 16, 6:00–8:00 pm • Los Volcanes • Call 836-8745 to register

Planet Fitness

Beginning Yoga

This class combines core management with mind-body-breath discipline to reduce physical and mental stress, while lengthening the muscles. Benefits include improved posture and core strength, reduced lower back pain and increased flexibility.

Instructor: Kae Sumrall
Wednesdays, August 5–September 23, 5:30–6:45 pm
\$5 per person, per time
Bring a pillow and wear a stretch waistband.
Palo Duro, Ponderosa Pine • Call 888-8102 to register

Instructor: Ann Owens
Mondays, 6:00–7:00 pm • \$25 month
Manzano Mesa, East Social Hall
Call 275-8731 to register

Hatha Yoga

Increase your strength, flexibility, balance and peace of mind by focusing on your breath while stretching in various yoga poses. Move at your own pace and see results week to week.

Instructor: Jim Charleson
Saturdays, August 8, 15, 22, 29, September 5, 12, 19 & 26
9:30–10:30 am • \$40 for 4 sessions
Barelas, Classrooms 2/3 • Call 764-6436 to register

Beginning Yoga and Beyond

Learn to bring balance, strength, and flexibility to the mind, body and emotions, through the art of yoga. This class is structured for both the beginner and experienced student. We will emphasize breathing, endurance, agility, and being present. Join us to enhance your fitness and mental abilities.

Instructor: Kathy Crisp
Saturdays, 8:00–9:15 am • \$3 per class
Los Volcanes Fitness Center, Aerobic Room
Call 839-3710 to register



Planet Fitness

Beginning T'ai Chi Chuan

For thousands of years, Tai Chi Chuan has promoted relaxation, straight posture, and balance. Based on softness and awareness, learning this martial art takes time, but it's well worth it. Join experienced instructors for a comprehensive class that will allow you to fully enjoy its benefits.

Instructor: John Young
Saturdays, September 5–June 26, 11:30 am–1:00 pm
Free with membership
Bear Canyon, Social Hall • Call 291-6211 to register

T'ai Chi

Tai Chi's slow motion movements can help you improve health, reduce stress, and make your later years richly satisfying and truly golden. Learn to systematically move the life force (chi) within the body to relax and open up to your full human potential on all levels—physical, emotional, mental, and spiritual. You may start this ongoing class at anytime. Jim Dell has a teaching degree and over 20 years experience in this field.

Instructor: Jim Dell
Wednesdays, 12:00 noon–1:00 pm &
Saturdays, 11:00 am–12:00 noon
\$3 per class • Los Volcanes, Room 2
Call 836-8745 to register

T'ai Chi Chih

T'ai Chi Chih, is often called "Moving Meditation" because of its series of easy, gentle movements that balance the internal energy (Chi). Benefits can include improved balance, flexibility, stamina and regulation of weight and blood pressure. Classes are taught in eight-week sessions at beginning and continuing levels for people who have completed a beginning class and are proficient with movements. New students are accepted only through the second week of a beginning session.

Instructor: Ginny Morgan
Wednesdays, June 24–August 12 &
August 19–October 7, 5:30–6:30 pm
Or
Beginning Class
Wednesdays, June 24–August 12 &
August 19–October 7, 7:00–8:00 pm
\$60 payable to instructor at 1st class
(8-week sessions)
Palo Duro, Aspen • Call 888-8102 to register



NIA (Dancing through Life)

Experience the joy of movement using the Nia Technique. Nia, created by Carlos Rosas and Debbie Rosas, draws from dance arts, martial arts, and healing arts to create purposeful movement that helps you grow, learn, and feel fully alive. Nia is a transformational movement practice that increases the pleasure of living in your body, creating weight loss, strengthening muscles, and improving muscle tone and definition. Nia calms the mind and relieves stress. Nia is done barefoot, to inspiring world music. Nia is for every "BODY." Nia works because it feels good—as soon as it's over you'll want to come back.

Instructor: Elizabeth Cervantes, Certified Nia Instructor
Saturdays, 10:15–11:15 am
\$7 drop-in fee or \$30 for a five-week class card
Highland, Room 8 • Call 256-2000 to register
Or
Instructor: Michele Diel, Certified Nia Instructor
Wednesdays, 5:45–6:45 pm
\$7 drop-in fee or \$30 for a five-week class card
Highland, Social Hall • Call 256-2000 to register

WAVE

5Rhythms® Dance is a moving meditation that takes us through five different ways of moving our bodies that, put together, form a wave of motion. Moving through this wave leaves participants feeling whole and connected, awake and alive. No dance experience is needed. For information go to www.thestudiomaui.com or www.gabrielleroth.com. Please call with questions: (505)699-9608 or e-mail: nia@elizabethalynjohnson.com. Registration form at the front desk at Highland Senior Center.

Instructor: Amara Pagano
Wednesday, November 4 • 6:00–8:30 pm
\$40, Pre-registration required, or \$50 at the door
Highland, Social Hall • Call 256-2000 to register

Fitball

Strengthen core muscles to increase stability and balance

Instructor: Anne Owens
Fridays, 4:45–5:45 pm • \$2.50 per class
Manzano Mesa, East Social Hall
Call 275-8731 to register

Open Volleyball

Open to young adult and adult members.

Coordinator: Roberta Wright
Mondays–Fridays, 5:00–7:00 pm
Wednesdays, 6:00–9:00 pm
Free with membership • Manzano Mesa, Gym

Instructor: Dora Gunckel
Mondays, 6:00–8:00 pm
Free with membership
Wells Park Community Center Gym
Call 299-4867 for more information



Open Basketball

Games are open to all ages, will play half court, full court or shoot baskets.

Mondays & Fridays, 7:00–9:00 pm
Thursdays, 6:00–9:00 pm
Saturdays, 9:00 am–3:00 pm
Free with membership • Manzano Mesa, Gym

Badminton

Tuesdays, 6:00–9:00 pm
Free with membership • Manzano Mesa, Gym
Call 880-2800 for more information

Pickleball

A fun and vigorous game played on a badminton court, Pickleball is a combination of table tennis, tennis and badminton. It uses a simplified combination of tennis rules and strategies. Call the 50+ Sports & Fitness Office at 880-2800 for more information.

Instructor: Bill Marshall
Saturdays, 9:00 am–12:00 noon • Jackson Mid School Gym
Mondays, 9:30–11:00 am • Los Volcanes
Free with membership
Call 880-2800 for more information

Table Tennis

Join in the fun. Table tennis is an active, fast paced game. It is easy to learn if you don't know how to play. New players are welcome.

Monday–Fridays, 8:00 am–9:00 pm &
Saturdays, 9:00 am–3:00 pm
Manzano Mesa, Game Room
Call 275-8731 to register
Or
Saturdays, 9:30–11:30 am
Palo Duro, Mesquite 2 • Call 888-8102 to register
Free with membership

Wii Video Fitness Game

The Wii is a video game that requires players to use actual physical movement to create the action on the screen.

Los Volcanes Fitness Center
Call 839-3710 for more information

Palo Duro 50+ Sports & Fitness Center
Call 880-2800 for more information

Billiards

Billiards is a great way to visit and meet with friends. A variety of games are played.

Saturdays, 9:00 am–3:00 pm
50¢ • Palo Duro, Mountain Mahogany Room



Aikido

This course will teach students the basics of self-defense, based on the Japanese martial art of Aikido. Classes also include overall physical conditioning, flexibility and mental awareness. Pablo Vazquez, certified as a Master of Aikido by the Aikido Headquarters in Tokyo, Japan, has taught Aikido to people of all ages for 30 years.

Instructor: Pablo Vazquez, 6th degree Master
Tuesdays, July 7, 28, August 4, 11, & 25
5:30–6:30 pm • \$50 for six-week course
North Valley, Social Hall • Call 761-4025 to register
Call 839-3710 for more information

Karate/Self Defense Class

The classes include training in self-defense, basic karate forms and katas. (Okinawan self defense dancing movements.) Classes are structured for people who may have some physical limitations or movement issues. The main goals of the classes are to improve self-confidence, physical performance and overall health.

Instructor: Denis Rosenberg
Thursdays beginning July 9, 6:00–7:30 pm
Free with membership
Los Volcanes, Room 2 • Call 836-8745 to register

Personal Defense
New Beginners Adult Class

Close Quarter Combat is a general name given to real world, personal combat skills used by police, military, security personnel, and aware citizenry. Not associated with traditional Asian martial art or sport, the purpose of this class is to provide a place to learn, teach and practice personal fighting skills.

Instructor: Dr. Sean Ross
Tuesdays, July 21–August 25, 7:30–9:00 pm
\$10 per month for equipment
Manzano Mesa, Room 4 • Call 275-8731 to register

Iron Olympian Karate

This new adult self-defense class is an great way to develop physical strength, discipline, balance, coordination and self-esteem. Course content includes breakaway techniques and safety awareness.

Instructor: Chris Nowak
Tuesdays & Wednesdays, 7:00–9:00 pm • \$5 per class
Manzano Mesa, Room 4 • Call 275-8731 to register

Kendo Kai

Japanese style martial art of sword fencing

Instructor: Davis Begay
Fridays, 6:00–8:00 pm • Free with membership
Manzano Mesa, East Social Hall
Call 275-8731 to register



Hiking

Schedules are available at the front desk that give destinations, levels of difficulty, distances and costs.

Instructor: Sue Pellitier
Saturdays, 9:00 am • 5¢ per mile
Palo Duro • Call 888-8102 to register

Aerobics Extravaganza

A low-impact cardio exercise class

Instructor: Marisa Hill
Mondays, Wednesdays & Fridays, 5:30–6:30 pm
Los Volcanes Fitness Center, Aerobic Room
50¢ per class • Call 839-3710 to register

Get Moving Aerobics

Incorporates high and low impact exercise

Instructor: Ann Owens
Mondays & Wednesdays, 5:00–6:00 pm
\$20 per month • Manzano Mesa, East Social Hall
Call 275-8731 for more information

Cardio Interval

Weight and cardio training in timed intervals

Instructor: Marisa Hill
Saturdays, 10:00–11:00 am • 50¢ per class
Los Volcanes Fitness Center, Aerobic Room
Call 839-3710 for more information

Kettle Bells

An overall body workout using Russian style weights

Instructor: Marisa Hill
Thursdays, 5:30–6:30 pm • 50¢ per class
Los Volcanes Fitness Center, Aerobic Room
Call 839-3710 for more information

Find us on the Web:
www.cabq.gov (seniors)

Body Fat vs. Muscle

The goal for optimal health is to reduce body fat while increasing muscle. A regular home scale will not give body fat and muscle weight, but ours will! Visit with one of our staff members at the fitness centers below for a free body fat composition and personal assessment.

1st Wednesday of every month
Palo Duro 50+ Sports & Fitness Center
Call 880-2800 for more information

2nd Wednesday of every month
Manzano Mesa, Fitness Room
Call 275-8731 for more information

3rd Wednesday of every month
Los Volcanes Fitness Center
Call 839-3710 for more information

Free with membership

For Beginning Weight Trainers...

Weight Training Orientations

Take advantage of our free weight training orientations. Schedule an appointment at one of our 3 fitness facilities.

Weight Training 101

This six-week beginner's weight lifting class will meet for one hour, two days per week. In a short time you will see and experience positive results! Work at your own pace. All you need is comfortable clothing and athletic shoes. Remember, there will be others just as new to weight lifting as yourself. Call your nearest fitness center below for class schedules.

Free with membership

Los Volcanes Fitness Center
Call 839-3710 for more information

Palo Duro 50+ Sports & Fitness Center
Call 880-2800 for more information

Manzano Mesa, Fitness Room
Call 275-8731 for more information



Aaron's Weight Training Group Class

Instructor: Aaron Bubbico
\$150 for 6 weeks
Palo Duro 50+ Sports & Fitness Center
Call 264-7341 or 880-2800 to register and for dates/times

Aaron's One-on-One Personal Training

Instructor: Aaron Bubbico
Sessions by appointment only • Call for prices
Call Aaron at 264-7341 or e-mail abubbico@unm.edu for more information

Healing Yourself on Planet 50+

Meditation

The common theme of meditation of all types is directing the attention to a higher state of consciousness. In this class, instructor Mokurai, a monk who has taught dogma-free meditation classes, seminars and retreats in New Mexico for over 25 years will help you to develop your powers of concentration using a variety of traditional tools—breath, mantras, walking, mandalas, gazing, uplifting thoughts, mudras (spiritual hand positions)—spiritual affirmations drawings from the wisdom of both eastern and western disciplines.

Instructor: Morukai
Saturdays, July 11, 18, & 25, August 1, 8, 15, 22 & 29
10:00–11:00 am • \$10 per class
Highland, Room 7 • Call 256-2000 to register

Meditation

Grow healthier and live longer a holistic way to health and happiness. Special benefits: create a happy, healthy, and harmonious life, relieve the stress of anxiety and worry and improve mental and physical well-being. This course is presented by Jim Dell who has a BA in education with over thirty years experience in the field of meditation.

Instructor: Jim Dell
Saturdays, 12:00 noon–1:00 pm
\$3 per class • Los Volcanes, Room 2
Call 836-8745 to register

Stress Solutions

Learn how to effectively manage tension, anger and stress with a variety of approaches including information on nutrition, anger triggers and relaxation techniques. Small group discussion and activities.

Presenter: St. Joseph's Community Health
Saturday, August 1, 10:00 am–12:00 noon
Free with membership
Bear Canyon, Room 5 • Call 291-6211 to register

Communication Class "Personality Types and Intimate Relationships."

Are you an 'Explorer', 'Builder', 'Director' or 'Negotiator'? Which one of the primary personality types are you? Discuss the categories and traits of the dominant type for understanding, awareness and insight into relationships and interactive quality of life.

Instructor: Walter Punke
Tuesday, August 4, 6:00–8:00 pm
\$18 per person or \$27 per couple
North Valley, Room 1 • Call 761-4025 to register

Therapeutic Massage

This class uses gentle stretching, and basic self-massage techniques. Relieve stress and physical tension after a long workweek.

Instructor: Ernest Studevant
2nd Fridays, 5:30 pm–7:00 pm
Free with membership
Manzano Mesa, Room 4 • Call 275-8731 to register

Discovering Yourself

You are invited to join a small group for discussion and sharing. We will discuss fears and hopes. We will explore our thoughts and feelings about who we are and areas we would like to change. The group is limited to seven. It is not therapy or lecture, but a safe place to share, grow and change, if we choose.

Instructor: Harriet Knighten
Saturdays, September 19, 26 & October 3
10:00–11:00 am • (3 week session)
\$30 per person, payable to group leader at first session
Palo Duro, Aspen Room • Call 888-8102 to register



For more health and fitness opportunities,
pick up a 50+ Sports and Fitness catalog today.

Community Acupuncture

Do you have arthritis, asthma, sleeplessness, diabetes? Have you thought about acupuncture but thought you couldn't afford it? Acupuncture, based in an ancient medical system, helps a wide array of problems and a new community treatment model is sweeping the nation. You receive acupuncture in a community setting on lounge recliners. After a brief intake, needles are placed in arms and legs and sometimes head area. Then you lie back and relax until you are ready to leave. Treatments last from 35-75 minutes. Please call for an initial appointment-walkings accommodated if time permits.

Instructor: Nityamo Lian, MPH, ten years experience in acupuncture and Chinese herbs.

Saturdays, 11:45 am-1:45 pm • Treatment is \$10 plus an initial phone interview/paperwork fee of \$10

Highland, Room 4 • Call 256-2000 to register

Language Classes on Planet 50+

French Intermediate

This is an on-going class that can be joined at any time. However, some knowledge of French is required in order to fully grasp all the class has to offer. Bienvenue!

Instructor: Pierre Fontaine
Saturdays, 9:30-11:30 am
Free with membership
Bear Canyon, Room 3
Call 291-6211 to register



Spanish 102

Continuation of Spanish 101, basic conversational Spanish with focus on pronunciation. Prerequisite: Spanish 101.

Instructor: Lupe Rivera
Saturdays, June 6-August 1, 10:00 am-12:00 noon
\$25 for 8 weeks
Los Volcanes, Room 1 • Call 836-8745 to register



Music Lessons on Planet 50+

Guitar Lessons

Enrich your life and meet new people. Lessons focus on getting the student to play and then slowly introduces theory. Requirements: guitar and empty paper folder.

Instructor: Edmundo Diniz
Saturdays, 10:00-11:00 am
1st Session: July 11, 18 & August 1 & 8
2nd Session: August 15, 22, 29 & September 5
\$80 per person, per session, materials included.
Barelas, Billiards Room • Call 764-6436 to register



Community Drum Circle

Discover the joy of rhythmic music making! Make new friends, drum away stress, exercise your mind, body and spirit. No previous drumming or musical experience is required, just a willingness to have some fun and play! Space limited to 40. Ages 8+ welcome.

Instructor: Giselle Felicia Vivian
3rd Fridays, 7:30-8:45 pm
\$8 Adults, \$6 Seniors 65+ & Teens, \$4 Youth 8-12
Manzano Mesa, Room 4 • Call 275-8731 to register

The Piano or Keyboard

Learn to play the piano in only ten one-hour sessions. For the aspiring musician who has always wanted to play the piano but never thought they could. This class is designed for success, easy to follow instructions, super simple songs, easy to read big notes and no previous musical training required.

Instructor: Henry Smith
Saturdays, July 11-September 26, 9:30-10:30 am
Los Volcanes, Room 10 • Call 836-8745 to register

There is something for everyone under our umbrella

Membership entitles you to a world of opportunities. Here are just a few...

Fitness Programs • Classes • Volunteer Opportunities • Travel • Meals • Albuquerque 50+ Olympics • Community Meeting Space • Computer Labs • and much more!

For information call: 764-6400
The Department of Senior Affairs
or the Citizen Contact Center 311
TTY: (505) 764-6405

Center memberships are only \$13 a year!



Special Events on Planet 50+

August Summer Sizzle Dance

Yes! It's hot, hot, hot, but never too hot to dance! Dinner will be light so you can dance to the music of the Samuel D band. Reservations required by July 20.

Wednesday, August 5, 5:00–7:00 pm
\$7.50 per person
Manzano Mesa, Social Hall • Call 275-8731 to reserve

Bits To Eat In The Mesquite

Join us for a "Rib S-Tickler" of a night! The "stick to your ribs" menu will include: roast turkey, oven roasted red potatoes, honey glazed carrots, tossed salad, roll and brownie a la mode for dessert. The entertainment will be a laughing matter. Advance ticket purchase required.

Wednesday, August 19, 5:30–6:45 pm
\$4 per person • Palo Duro, Mesquite
Call 888-8102 for information



1st Day of Autumn by the Harvest Moon

On this first day of autumn, we celebrate yet another equinox, a good dinner and music, by the light of the harvest moon. Reservations required by September 9.

Tuesday, September 22, 5:00–7:00 pm
\$7.50 per person
Manzano Mesa, Social Hall • Call 275-8731 to reserve

Want to learn a language?
See page 11

Or pick up an Activities Catalog...
new format coming August, 2009.
Available at your favorite "Landing Sites,"
see page 3, Planet 50+

Special Interests on Planet 50+

How to Hypnotize Yourself and Others

In just three easy steps you can learn to maximize the potential of your mind. Create your own destiny through the use of self-hypnosis. Learn simple, safe, effective, yet powerful step-by-step techniques to rapidly boost your income, improve your health, overcome fears and anxieties, increase test/exam scores, lose weight, and build overall personal self-confidence.

Instructor: Rev Beth Donahue,
Metaphysician and Hypnotherapist
Saturdays, August 8, 15, 22 & 29
9:00 am–12:00 noon • \$15 per person • Class limit 10
Barelas, Room 4 • Call 74-6436 to register

How to Develop Your Psychic Abilities

Develop your intuitive skills so you will be able to give/get messages, read cards, work with a pendulum and create an opportunity for increased enlightenment. Meet the three Clairs—Clair audient, Clair sentient, and Clair voyant and discover how you receive intuitive messages.

Instructor: Beth Donahue
Saturdays, September 5, 12, 19 & 26
10:00 am–12:00 noon • \$40 per person all sessions
Barelas, Room 4 • Call 764-6436 to register

Fabric Arts Collage Group

Join this informal group, dedicated to creating fabric landscape collage paintings, using the Debbie Jones collage method. Design pointers will be given to new members. The goal is to complete three or four collages each year. The group meets year around and provides support on other quilting and sewing projects. Open to anyone who has completed at least one Debbie Jones landscape class and a collage.

Instructor: Laurie Cady
2nd Saturdays, 9:00 am–3:00 pm
Free with membership
Palo Duro, Aspen • Call 888-8102 to register

Red Hat Society

Join your sisters across the nation, even the world, to greet middle age with verve, humor and frivolity. Share in a bond of affection, common life experiences and enthusiasm for whatever life has in store. The only criteria for joining is a willingness to share and a red hat. A purple dress is optional.

Instructor: Sonja Schwartz
1st Saturdays, 11:00 am–12:30 pm
Free with membership
Palo Duro, Aspen • Call 888-8102 to register

Poker

A variety of games are played daily, including high-low, mixed-game, and dealer's choice.

Saturdays, 11:00 am–2:00 pm
Free with membership
Los Volcanes, Room 9 • Call 836-8745 to register

Weight Watchers

A brand new way to do Weight Watchers. Learn how to stay full longer, so you can lose weight and keep it off.

Instructor: TBA
Saturdays, 9:30–11:00 am
\$13 per class, or \$39.95 per month,
or \$119 for a 10-week series
Los Volcanes, Room 4 • Call 836-8745 to register

Home Composting

You can create your own inexpensive soil amendment and at the same time reduce disposal costs. As opposed to most fertilizers, compost will release nitrogen over a longer time period. Instead of sending these wastes to the landfill, make them a gourmet delight for your garden or trees.

Instructor: John Zarola
3rd Thursdays, July 16–December 17, 6:00–8:00 pm
Free with membership
Los Volcanes, Room 1 • Call 836-8745 to register



Theater Trips on Planet 50+

Adobe Theater: Talley's Folley

The scene is a deserted Victorian boathouse on the river in Lebanon, Missouri on July 4, 1944. Matt Friedman and Sally Talley were meant for each other. Matt just needs to convince Sally that it's true. Can the accountant from St. Louis succeed with the small-town girl whose family would gladly set the dogs on him?

Sunday, August 2

Check In: 12:45 pm • Depart: 1:00 pm • Return: 5:00 pm

\$13 transportation and ticket

Bear Canyon • Call 291-6211 for more information

Adobe Theater: Back to the 80's—a Musical

Join the graduating class of William Ocean High School as they live through their senior year—as they experience the fun, the heartbreak, the loves, and the loneliness of growing up... all set to the biggest hits of the 80s. A totally awesome musical!

Sunday, September 6

Check In: 12:45 pm • Depart: 1:00 pm • Return: 5:00 pm

\$15 transportation and ticket

Bear Canyon • Call 291-6211 for more information

Attention Crafters and Arts Enthusiasts

Highland Arts and Crafts Fair

Saturday, December 5
8:00 am–2:00 pm

Do not miss this great opportunity to do some of your holiday shopping at the Highland Arts and Crafts Fair.



Crafters—sign up early as tables sell quickly for this event.

505 256-2000

Presentations on Planet 50+

Home Care for Those You Love

What would you do if your loved one suddenly needed in-home care because of illness or disability? Get a better understanding of what home health care is; who needs it; who provides it; how to choose a home care company; and where to get help paying for home care services.

Presenter: Dave Kaminski, AAA Home Care, Inc.

Tuesday, July 7, 6:00–7:00 pm

Free with membership

North Valley, Room 1 • Call 761-7025 to register

Oriental Medicine & Menopause

Linda Sullivan, Doctor of Oriental Medicine, will discuss treating menopause with acupuncture and Chinese Herbs.

Presenter: Doctor Linda Sullivan

Tuesday, July 28, 6:00–7:00 pm

Free with membership • North Valley, Social Hall/South
Call 761-7025 to register

Small Business Financial Information

Are you a current small business owner or considering small business ownership?

Take control of your financial health during a fun and interactive seminar by, ACCION. Understanding Money and Credit for Small Business will offer tips and tools how to maximize your financial resources for those considering small business ownership or for current business owner looking to expand.

Presenter: Cathy Weber, Loan Officer

Tuesday, August 25, 6:00–7:00 pm

Free with membership

North Valley, Room 1 • Call 761-7025 to register

Learn to Plant in the Fall

Improve your health through planting! Learn the basics of planting herbs and perennials, and bring your questions too. Investigate a few of the ways to use herbs for a healthy, holiday season this year, and the advantages of gardening in the fall.

Presenter: Christianna Cappelle, Gardening Guild

Tuesday, September 8, 6:00–7:00 pm

Free with membership

North Valley, Room 1 • Call 761-7025 to register

Quilting and other Crafts
See page 5

Find us on the Web:
www.cabq.gov (seniors)

Planet Trips



The Bear Fair at Wildlife West

The Bear represents great strength, courage and wisdom. Celebrate this wonderful creature with bear experts, vendors, wildlife exhibitors, and behind-the-scenes tours.

Saturday, July 11
Check In: 9:45 am • Depart: 10:00 am • Return: 4:00 pm
\$3 transportation, \$6 admission, Lunch on your own
Bear Canyon • Call 291-6211 for more information.

Los Ranchos' 6th Annual Lavender in the Village

Join this village-wide celebration of lavender! Pick fresh lavender and enjoy arts, crafts and music.

Saturday, July 11
Check In: 9:00 am • Depart: 9:15 am • Return: 2:00 pm
Bear Canyon • \$2 transportation
Call 291-6211 for more information.
Or
Check In: 8:15 am • Return: 5:30 pm
Trip fee: 50¢ and \$1 driver donation = \$1.50
Manzano Mesa • Call 275-8731 for more information

Santa Fe Farmers Market

Find the freshest, locally grown fruits and vegetables available anywhere. Shop for dried foods, baked goods, jams, jellies, honey and farmers' crafts and handmade garments. Meet the people who grow your food while enjoying the vibrant flavors, aromas and colors of the New Mexico harvest.

Saturday, July 18
Check In: 6:45 am • Depart: 7:00 am • Return: 2:00 pm
Highland • \$7.50 travel, lunch and all other expenses are on your own

Chuckwagon Sunset Supper & Show

This trip includes a traditional chuckwagon show with barbecue dinner, wildlife presentation, and western music show. The dinner includes brisket, chicken, ranch beans, baked potato, rolls, apple-sauce, cookies, lemonade and coffee.

Saturday, July 25 & August 29
Check In: 4:30 pm • Depart: 5:00 pm • Return: 10:00 pm
\$25 transportation, admission and dinner
Bear Canyon • Call 291-6211 for more information.

Santa Fe's Spanish Market

Celebrate the rich Hispanic culture of Northern New Mexico at the 58th Annual Traditional Spanish Market on the Santa Fe Plaza. Featuring handcrafted traditional arts by 250 local Hispanic artists, continuous music, art demonstrations and regional foods, the market provides a unique opportunity for visitors to enjoy New Mexico's vibrant Spanish culture, both past and present.

Saturday, July 25
Check In: 8:00 am • Depart: 8:15 am
Return: around 4:00 pm • Highland
\$8.00 travel, lunch and other expenses on your own

Second Saturdays Art Walk in Las Vegas

Featuring open studios and galleries in historic neighborhoods, the work of over 75 artists, plus readings, theater and live music.

Saturday, August 8
Check In: 9:00 am • Depart: 9:15 am • Return: 5:00 pm
\$14.50 transportation
Bear Canyon • Call 291-6211 for more information.



White Water Rafting

This half-day trip features an action packed five miles of moderate white water. In August, the river usually settles down and you can select the Float, which will be set in at a part of the river and will allow you to experience some gentle waves. Bring a sack lunch and dry clothes for the ride back home. Two vans for a maximum 24 participants. (Six people to a raft.)

Saturday, August 22
Check In: 9:15 am • Depart: 9:30 am • Return: 6:00 pm
\$58 transportation and ticket
Bear Canyon • Call 291-6211 for more information.

Santa Fe's Indian Market

Don't miss this world-famous market, if you're a fan of Native American art and culture. More than 1,000 artists sell their pottery, weaving, jewelry, basketry and other traditional work and demonstrate their time-honored techniques on the Plaza. Fill up on fry bread, roasted corn and Navajo tacos as well as other foods of the Southwest as you shop and enjoy Pueblo dances, live music and other entertainment.

Saturday, August 22
Check In: 8:00 am • Depart: 8:15 am
Return: around 4:00 pm • Highland
\$8.00 travel, lunch and other expenses on your own

Cimarron

This overnight sojourn will include a visit to the famous and infamous St. James Hotel and the three-story Old Mill Museum in Cimarron. The scenic drive alone is worth the cost.

Friday, August 28
Check In: 8:00 am • Depart: 8:15 am
Return: 8:00 pm
\$23.50 Manzano Mesa • Call 275-8731 for reservations



CELEBRATE THE HEART OF CARING

Conference for Caregivers

This year's Family Caregiver Conference brings together seniors, families and community professionals to celebrate and honor the unsung, unpaid heroes who care for family members day in and day out. This annual, free conference will pamper around 450 attendees with massages and facials—and provide relevant workshops and vital information to allow them to continue to care for their loved ones at home—and not in an institution. Highlights include workshops, presentations, and door prizes. Caregivers particularly appreciate the free respite care provided for loved ones as well as the on-site day care center.

Saturday
November 7, 2009
7:30 am–4:00 pm
Sandia Resort

Deadline for Sponsor/Vendor
Registration is September 25, 2009

Phone: (505) 764-6400



Wildlife West Harvest Festival

Celebrate the area's culture, traditions, and agricultural heritage. Events include wildlife encounters, Farmer's market, wine tasting, music, stage shows, and much, much more!

Saturday, August 29

Check In: 9:00 am • Depart: 9:15 am • Return: 4:00 pm

\$4.50 transportation

Bear Canyon • Call 291-6211 for more information.

El Rancho de las Golondrinas: Santa Fe Renaissance Fair

Jousting, live steel combat, vendors, games, and continuous live entertainment on three stages, delicious food, refreshments and music!

Saturday, September 19

Check In: 9:00 am • Depart: 9:15 am • Return: 4:00 pm

\$7 transportation, admission \$5–\$7

Bear Canyon • Call 291-6211 for more information.

Laguna Pueblo Feast Day

Manzano Mesa has been invited to the feast of St. Joseph, September 19th. This centrally located pueblo celebration attracts visitors from all over New Mexico, because of the warm welcome it offers and great food. We will help celebrate the harvest, admire the amazing handiwork crafts and enjoy new and old friends.

Saturday, September 19

Check In: 8:30 am • Depart 8:45 am • Return: 3:00 pm

\$7 • Manzano Mesa • Call 275-8731 for reservations

Music at the Zoo and Botanic Gardens

A perfect end to a summer day—live music in the cool of the evening. Pack a lawn chair or a blanket and settle in for a few hours of pure enjoyment.

Zoo Music & Summer Nights Concert Series from Palo Duro

Check In: 5:45 pm

Depart: 6:00 pm (Concerts are from 7:00–9:00 pm)

Return: around 10:00 pm

Palo Duro Senior Center parking lot

Transportation \$1.50 per person, pay when registering

Admission at the gate: \$8 adults, \$4 seniors over 65.

Feufollet—Cajun Music

Friday, June 19th • Zoo

Stephen Kellogg & the Sixers—Rock/Country

Friday, June 26 • Zoo

Caji & Salome—Brazilian Music

Thursday, July 16 • Botanic Gardens

The Steep Canyon Rangers—Bluegrass

Friday, July 17 • Zoo

Sam & Ruby—Folk and Blues

Thursday, July 23 • Botanic Gardens

Zoo Music & Summer Nights Concert Series from Bear Canyon

Check In: 5:00 pm

Depart: 5:15 pm (Concerts are from 7:00–9:00 pm)

Return: 10:00 pm

\$2.50 transportation, admission \$4–\$8

Bear Canyon • Call 291-6211 for more information.

The Steep Canyon Rangers—Bluegrass

Friday, July 17 • Zoo

Sam & Ruby—Folk and Blues

Thursday, July 23 • Botanic Gardens



Planet Writing

A Time To Tell: Fiction and Creative Nonfiction Writing

We've all got our stories, but rarely do we make the time and space available to get them down on paper. By the end of the class, you can expect to have had multiple close readers for your work, clear ideas for how to proceed with your work and a better understanding of how to make a good story a great story. Michael Wolfe has an MFA in Creative Writing from Texas State University—San Marcos.

Instructor: Michael Wolfe

1st Session: Saturdays, August 1, 8, 15 & 22

9:00 am–10:15 am

2nd Session: Saturdays, September 5, 12, 19 & 26

9:00 am–10:15 am

\$40 per session • Barelás, Conference Room

Class Limit 12 • Call 764-6436 to register

Poetry Writing: Writing Your Life

Everyone has stories to tell. In this class we'll draw from the well of memory and experience to make our own poems. We'll read some poetry—the instructor will provide reading packets—to learn about elements of form and craft and to discover what makes these poems tick, but most importantly we will write. Students can share their poems with the class for reading and workshop. Rebecca Aronson is a published poet who has taught at the University of New Mexico, Northwest Missouri State University, and University of Washington. Her poems have appeared in many journals and her book, titled *Creature, Creature*, was published in 2007 (Main-Traveled Roads Press).

Instructor: Rebecca Aronson

1st Session: Saturdays, August 1, 8, 15 & 22

9:00 am–10:15 am

2nd Session: Saturdays, September 5, 12, 19 & 26

9:00 am–10:15 am

\$40 per session • Barelás, Classroom 3

Class Limit 12 • Call 764-6436 to register

Computer Classes • Page 4

Martin J. Chávez, Mayor

Blanca B. Hise, Director

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A Marketplace with an

Attitude

and Learning to Think Like a Mountain

A Tribute To Aldo Leopold

Saturday, October 24, 9:00 am–3:00 pm

Manzano Mesa Multigenerational Center

501 Elizabeth SE • (505) 275-8731

Citizen Contact Center 311

TTY 505 764-6405

Join us at this 4th annual Department of Senior Affairs' special event! There is something for everyone... shopping, live entertainment, quilt show, food, and our special side show "Learning to Think Like a Mountain," a tribute to the environmentalist, Aldo Leopold.

Try your luck at winning an awesome door prize donated by one of our talented arts and crafts vendors! Your door prize ticket contributions will benefit the State of New Mexico's Children, Youth, and Family Department, which cares for children who are in foster care.

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